



Page 10 Fall fun



Page 28 Young Mayor candidates

> Page 16 Golden girl: We congratulate Christine Ohuruogu





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## the newnam mag



In this issue we catch up with Stratford golden girl Christine Ohuruogu, who talks to us about life after winning gold in Beijing. We introduce the 15 hopefuls contending to be the next Young Mayor of Newham and highlight a new

kind of learning for teenagers.

Don't forget the free fireworks display on Saturday 1 November – read more in our news pages or see the ad on page 17.

Also with this issue, your guide to Diplomas, a new kind of learning for 14 to 19-year-olds, plus four extra pages of news from your area: In Focus for Beckton, Green Street, Manor Park, Plaistow, Stratford and West Ham community forum areas.

Anta

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Look out for the next issue from 1 November

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#### Newham Mayor named in Most Influential list

The Evening Standard has just announced its 1,000 most influential people in London list, which included Mayor Sir Robin Wales. The list describes Newham as "the main host Olympic borough" and credits the Mayor with having "a clear vision about the legacy of the Games and how it can help the regeneration of East London." The newspaper went on to say that the Mayor "will use his seat on the London 2012

board to make sure local people benefit."

The list included Mayor of London, Boris Johnson, Director of Liberty, Shami Chakrabarti, and Lord Chief Justice, Sir Igor Judge.



### Voter registration – don't forget to act!

If you're aged over 18 you have the right to vote but it doesn't come automatically.

You must register every year to be able to vote. Registration forms have already been sent out to every household in the borough, but there are still a significant number of householders who have not yet sent theirs back. Registering doesn't just mean you can vote – if your name is not on the electoral roll, you'll find it much harder to get a mortgage or a loan.

To make sure that individuals don't miss out on their right to have their say, council representatives are calling at all non-responding properties. Each caller with have photo ID identifying them as a canvasser; this will also display the Newham logo and the number below. If they call at your property, please give them the information they request as they are there to help you retain your voting rights. If you have not returned your form yet please send it back as soon as possible.

If you have any questions contact 020 8430 3082 or email elections@newham. gov.uk for more

## 

#### **ExCeL** expansion begins

Deputy Mayor Councillor Christine Bowden joined Mayor of London, Boris Johnson, at an event signalling the next phase of development at ExCeL London in the docklands. A commemorative stone was laid, marking the centre's position as London's international exhibition and convention centre. The plans will increase ExCeL London's event space by 50 percent and includes a 5,000 seated convention centre. An independent study by Grant Thornton showed that the economic impact of ExCeL London and its new expansion will bring £1.6 billion to London by 2011. ExCeL London will also play a central role in the London 2012 Games, hosting seven Olympic and five Paralympic events.



## Earn money offering your home as a film location

Newham Council has launched a website dedicated to its film office. The site offers property owners the chance to earn some money by offering their properties as film locations. Private residential properties can earn up to £500 per day, while industrial and commercial properties can command much more.

Mayor of Newham, Sir Robin Wales, said: "The launch of this unique stand-alone website will enable the film office to help even more filmmakers find the dream location they're

looking for. Filming in the borough has a direct beneficial effect on the local economy."

The council regularly sources filming locations for production companies and studios.

To use this exciting new resource, find out more information or to register your property visit: www.

newhamfilmoffice.co.uk



#### CIVIC AMBASSADOR'S CHARITY DINNER

The Civic Ambassador, Councillor Akbar Chaudhary, invites you to his charity dinner on Friday 31 October from 7pm at Newham Town Hall, Barking Road, East Ham. The evening will consist of a three-course Indian meal with a vegetarian option and wine on the table followed by a packed cultural entertainment programme performed by local groups. There will also be a chance to support the Civic Ambassador's chosen charities – Community Links, Real Life Parenting Ltd and Diabetes UK Newham Voluntary Group – with a raffle of locally donated prizes and auction to include a signed West Ham United item. Tickets cost £40 per person and a table for 10 is £350.00. Please note that no tickets shall be issued after Friday 24 October 2008. Please call Mark James on 020 8430 2105 for more information or to book tickets.





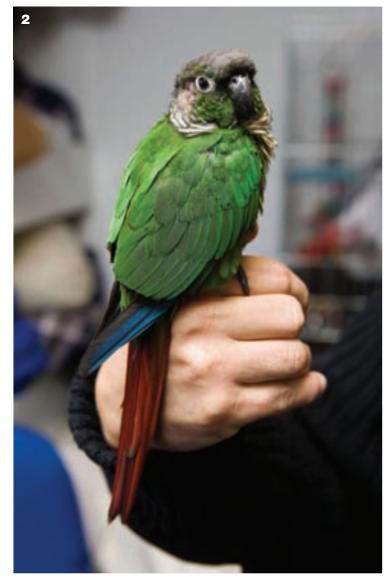
## NEWS // IN PICTURES

- Hole load of fun at the Plaistow Celebration. **2** A lost parakeet taken in by Newham's Animal Welfare service Is he yours? Call 020 8586 9739. **3** Democracy in action: candidates for the next Young Mayor are revealed (see pages 28 and 29).
- Highly Commend-able Curwen School produce award-winning recycled art.









#### Newham's young people gear up for a new Young Mayor

Most of the world seems to be glued to the US electoral campaign, but here in Newham we have a much more gripping race: the one for a new Young Mayor. We've had such an encouraging response to our second campaign, proving that incumbent Zuhayb Ahmed has done a brilliant job in engaging young people. In a primary election held this month more than 3,000 young people chose between a massive 72 hopefuls, leaving us with a final 15 candidates. The candidates - who you can learn more about on pages 28 and 29 - have been campaigning for votes and will face a final ballot on Wednesday 22 and Thursday 23 October.



I launched the Young Mayor initiative last year in a quest to ignite in our young people the passion for politics that I had in my teens. Even those that don't run in the elections are inspired by the race – as borne out by the 3,000 who voted. We hear a lot about political apathy in this country, but democracy seems to be alive and well in Newham.

If we can inspire people to achieve more in life they seek out the best opportunities and given the best opportunities, people can achieve what ever they want.



The council puts on so many activities across the borough – but I sometimes hear from residents that it's hard for them to keep up. The last thing I want is for you to miss out on services and activities of interest. But now, keeping you in touch with all the council services available has just become easier, as we unveil a ground-breaking new service where you can access the council via your mobile phone. This pioneering project has been developed in partnership with Transport for London and provides a personalised and convenient way for us to get in touch with you. So there's no excuse now not to know what we're doing in the borough!

Turn to page 12 to find out more about the scheme.

#### **Mayor's Question Time**

Question Time sessions offer me the chance to hear directly from you about your concerns and ideas.

At our last session in Plaistow, the main issues raise were:

- > Flytipping at the Green next to NewVlc, off Prince Regent Lane. We are putting more money into two areas: ASB and Public Realm. There will be more bodies on the ground to enforce and stop flytipping and littering.
- > Noise pollution. This counts as anti-social behaviour and we are currently putting more money towards it.
- > CCTV being used to tackle flytipping and not just drivers. We are pioneering an anti-litter campaign publishing CCTV in the local press but in general it's easier to track down car drivers, as their details are registered.

Come along and join us at the next session on Tuesday 21 October from 6.30 to 7.30pm in Custom House and Canning Town in The Hub, 123 Star Lane, Canning Town E16 4PZ.



Mayor's view

## Back to school patrols

I went out with our local police officers this week on our newly-launched truancy patrols. These are part of an initiative the council has developed with the police, targeting children and young people aged five to 16 years who are out on the streets when they should be in school. The effects of missing out on these few precious years of education can resonate throughout a person's life, and we want to make sure that our children and young people are achieving the most they possibly can.

I was very impressed with the effectiveness of the officers, who sent Newham students that we met back to school and passed the details of those from outside of the borough back to their own local authorities. The patrols are also aimed at parents – as unbelievable as it may sound, some parents allow their children to miss school, which is illegal.

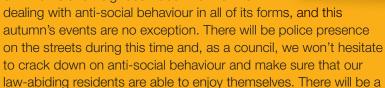
While making sure that our young people gain the most from the education we can offer, the patrols also help our other residents feel secure, as they have a knock-on effect on antisocial behaviour and crime. Our staff are also able to identify welfare issues and tackle these on the spot.

All in all, it was a very effective day. This is the kind of direct action I will be pushing the council to do more of.



## Responding to residents' concerns this kalloween

We hear from some of you that Halloween and Bonfire Night can be a difficult period; and you don't have to be elderly or vulnerable to be intimidated by trick or treaters or loud fireworks. We don't want to ruin anyone's fun but, equally, everyone has a right to live without fear in their own home and neighbourhood. Newham is





programme of activities for young people going on over Halloween and Bonfire Night, which you can read more about on pages 10 and 11. This allows young people to have a good time in a safe, supervised place and

keeps them from hanging around on the streets – which, whether they are behaving themselves or not, can be threatening. So wrap up warm and get along to our firework event on 1 November at Centre Road, Wanstead Flats E7; above all, enjoy yourselves.

Being one of the few elected Mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.





## Banging Autumn Ghostly games, frightful fun and banging bonfire bashes

Autumn's here, and its fiery reds and oranges are about to sizzle with the arrival of the Halloween and Bonfire Night combo. It's traditionally a time that celebrates our more mischievous side, from trick or treating to burning effigies of notorious gunpowder plotter Guy Fawkes. But dark nights, fires, smoky skies and masked groups roving the streets can make you jump for all the wrong reasons, keeping many of us indoors when we could be out revelling. Never fear: the council and its partners are laying on a programme of events that will save you from hanging about on the soulless streets and make sure that your autumn fun is filled with hubble and bubble... but no toil or trouble.

#### FRIGHT HIGHT

#### Fright Night at Chessington World of Adventures - 31 October

Young people's charity the NCY Trust wants to make you scream with terror this Halloween – on some white knuckle rides at Chessington World of Adventures. Young people aged 11 and over should call Paul Leslie on 020 8471 1749 for more information and to book a place.

Spooky caving at Lambourne House – 31 October
NCY Trust Connexions are taking a group of young

people into the dark and eerie underworld beneath Lambourne House in Selsey, West Sussex. Call 020 8586 9510 for more information or to book a place.



#### BANGING BONFIRE NIGHT

#### Guy-ded tour of the Tower

Come and see where Guy Fawkes was banged up for plotting to blow up the Houses of Parliament. NCY Trust are taking a group of young people aged eleven and over to the Tower of London on 5 November. Phone 020 8471 1749 for more information and to book a place.

#### Fun behind the (Catherine) Wheel

Young people's charity XLP is parking an activity bus at Rathbone Market, Barking Road, E16, and at other Custom House locations from 3 to 5 November between 6.30 and 8.30pm. Young people aged 11 and over are welcome to drop in – look out for the bus.

#### Remember, remember...

There will be a fantastic FREE firework display on Saturday 1 November at Wanstead Flats. See page 17 for more details. Froud youth centre is open as usual and there will be outreach teams from the centre as well as NCY Trust out and about during the Bonfire Night festivities. Above all, whatever your plans stay safe, respect others and have a great time.

#### GET SPORTY

#### Get sporty at Youth House – 31 October

If you're more sporty than spooky, throw your body into a mini-Olympics and sporting activities on 31 October at Fords Park Green and Youth House, Fords Park Road, E16, in from 1 to 9pm. No need to phone ahead – just drop in.

#### Sports galore at Froud Centre

There'll be so much going on at the Froud Centre, Romford Road, in Manor Park on 5 November, with activities and a sports tournament – it will feel someone lit a fire under your feet. If you're aged 13 to 19, pop in from 7 to 9pm.

#### Basketball: shooting hoops

Aged 11 to 19? Set the court alight with your basketball moves in a competition on 3 November from 7 to 9pm at the Froud Centre, Romford Road, E12. Just turn up on the night.

#### MONSTER MOVES

#### Disco: A (t)reason to get dressed up

If you're aged 11 or over, NCY
Trust Connexions invite you to
a bonfire fancy dress disco on
5 November at E13 Mix, 1a
Cumberland Road, E13. Wear
what you want – bling is what the
festival's all about!

#### Monster moves disco – 31 October

Shake your bones on the dancefloor at the NCY Trust Halloween disco on 31 October at 1a Cumberland Road, Plaistow. Practise your Thriller moves from 6.30pm till the witching hour (midnight). Just turn up if the spirit takes you. Call 020 7474 7639 for more information.



## Newham goes mobile

Want to know what's going on, looking for a job or just trying to find out how to get somewhere? These are just a few of the things you can do on MyNewham, Newham's groundbreaking new mobile website for all your local services, information travel news and much, much more.

Thanks to the combined efforts of the council, Transport for London and company SNT Mobile, residents, visitors and businesses in Newham can have instant access to all the council's core services. From finding career opportunities to reporting graffiti, anybody with an internet-enabled phone can use the MyNewham site. Just text the word Newham to 65101 and then follow the link.

The innovation gives residents instant access to council services when they are on the move. A range of local information,

maps, local and national transport information and Directory Enquiries company 118118 are all just a few keypad clicks away. Party people can even plan nights out, as MyNewham hosts all the latest news and reviews for pubs and clubs in and around the borough.

MyNewham also enables communities to build their own digital networks, as schools, voluntary organisations and sports clubs can all use the site to communicate with their own members. So, why not check MyNewham out? Simply text the word Newham to 65101 and then follow the link you receive. Texting Newham to 65101 costs a user their standard SMS rate, the web portal is available to all internet-enabled phones and browsing costs will vary according to mobile tariffs. So what are you waiting for? Get texting!

#### Top Clicks on MyNewham:

**Sports directory** – Find local sports clubs

**News** – Read the news from Newham.com

Jobs - Browse Newham jobs

**What's On** – Events, gigs, bar and club guide

**Travel** – Journey planner from TfL





#### **POLICING IN NEWHAM**

#### How are your local police performing?

The Metropolitan Police Authority regularly monitors how well London's police are performing to ensure our communities receive the most efficient and effective service.

For the sixth consecutive year crime in London is falling and detection rates rising. Total recorded crime for 2007/08 is at a ten year low.

#### How did Newham perform during 2007/08?







Total recorded crime in Newham is down 0.4% – that's 149 fewer crimes

#### **Priorities for 2008/09**

Newham will be focusing on:

- Reducing youth violence by 8.3%
- Reducing knife crime by 10.7%
- Reducing gun crime by 5%
- Reducing robbery by 1%
- Reducing residential burglary by 6%

#### Have your say

Are the police focusing on areas that are important to you? Make your voice heard by taking part in the consultation for the 2010/11 London wide policing priorities. Log on to the MPA website to participate

www.mpa.gov.uk/reports/policingplans.htm

Find out more about policing in your borough at www.mpa.gov.uk/partnerships or call the MPA on 020 7202 0202

#### Ethnic Minority Enterprise Project (EMEP)

Women Business Leaders Programme
Do you wish to develop skills to achieve promotion or
get a foot on the job ladder?

FRFF TRAINING

If the answer is yes, then for each qualifying candidate EMEP can offer the following training and support programme:

- 1. UK Level 2 Institute of Leadership and Management qualification (Award in Team Leading). You will gain on successful completion understanding and skills in what's involved in leading a team, motivating your team, fulfilling customer requirements, organising yourself, dealing with conflict and effective communication. This will give you a UK Level 2 qualification that will be an asset on your CV, application form and at job interviews. Time commitment: six weeks, 1 day a week 10am to 3pm.
- 2. You will also benefit from Career Advice and Guidance and CV preparation.

  And for those people in work Training and Development Needs Analysis
  can be carried out to identify options for organisational and personal
  development.

To qualify for this London Development Agency (LDA) funded programme, you need to be:

- Black and Minority Ethnic (BME) women in work or looking for work.
- UK Citizen or resident living in Newham or Hackney, For the Level 2 Award in Team Leading qualification, you need to have anything <u>less than 5</u> GCSEs at grade A-C.
- 3. ILM level 3 Award in first Line Management

Take a step into first line management and give your career a boost by gaining this qualification. To qualify for this training you must be employed or self employed.

For further details and to register please call. Aminur Rahman, 0207 655 0906 info@emep.co.uk EMEP, Business Development Centre, 7-15 Greatorex Street, E1





#### Care at home...



....a realistic alternative to residential care

- Visits from 15 minutes to 3 hours and above
- ✓ Dependable, programmed care visits
- √ Each customer has a named contact in our office
- √ Trained, police-checked, reliable and caring staff
- ✓ Person-centred care and support services in your own home

For more information contact:

#### **Bluebird Care (Newham)**

Suite 112, Queensway House, 275 – 285 High Street, Stratford London E15 2TF

Telephone: 0208 555 3223
Email: newham@bluebirdcare.co.uk

Email: newham@bluebirdcare.co.
Website: www.bluebirdcare.co.uk



The terrific twosome forms part of Newham's Safer Transport Teams, who are dedicated to making our buses and underground and railway stations safer. They work within a wider team of 18 PCSOs, two Police Constables, two Sergeants and an Inspector who work across the borough. Together they undertake everything from the highly visible random detection arch operations, to identify anyone carrying weapons, and stop and searches at stations to promotion of the compulsory Oyster Card for under 16s on buses. Mel said: "Surprisingly, a lot of under-16s don't know they have to have a photo card to be able to travel free

of charge on buses and trams. Part of our role involves going into schools and raising awareness that they're entitled to free travel but also that they must have a valid Oyster Card to prove it."

The two also try and make young people aware of their actions when travelling, on buses in particular, and how this can affect other passengers. Tracey said: "We ask young people to take a step back and consider how their behaviour comes across to others. We ask: 'how would you feel if your mum or gran was waiting at a bus stop trying to get on the same bus as 30 students pushing to get on first. It does make them

"We ask young people to take a step back and consider how their behaviour comes across to others"

think twice." If you've ever been at a bus stop before or after school time getting on board can be a journey in itself. Mel and Tracey can often be seen marshalling passengers during busy times, ensuring older people and people with young children get priority boarding.

So what are the main issues around



transport in Newham? "They're the same as anywhere else in London," says Mel. "Vandalism is a problem, as is abuse towards drivers." To combat this, the team holds bus surgeries with drivers to talk about a range of issues and see where extra support is needed. There is a zero tolerance approach towards people who abuse bus drivers, who are just trying to do their jobs. Tracey said: "People become irate about things like having to pay for their fare, or not being able to get on with an open pushchair because someone has already occupied the space; it's the driver who gets the brunt of the impact." Spit kits are being

introduced so if drivers are spat at, a swab of the offending residue can be examined to try to identify the offender. The team also walks some of the routes the buses follow to identify rogue rubble and get it removed by the council, as this can be thrown onto moving buses, damaging the vehicle which puts it out of service. If this happens to three buses on one route you can imagine the impact it has on waiting passengers.

Mel and Tracey are about as close you can get to the old style bobby that our older readers will be familiar with. Uniforms, although necessary, can sometimes be intimidating, but catch the PCSOs' eyes for long enough and you're greeted with a smile or a friendly hello. Sometimes described as 'plastics' for their lack of power, Tracey cleverly points out: "When people say: 'I know my rights, you can't do anything to me' we say: 'yes, you're right, but I know someone who can; shall I ask them to pop down?' This is usually met with silence!" Regardless of what they can or can't do, their presence is reassuring and highly visible – as Tracey says: "Anytime we go anywhere it's by public transport." So keep your eyes peeled – if you see them, bend their ear about your travelling experience; they're there to help make it better.



Local girl Christine Ohuruogu is a star who is burning bright this year. After gracing the cover of the Newham Mag back in August – dizzy heights indeed – she went on to win gold in the 400m sprint at this year's Olympic Games. The fact that Christine has grown up within a stone's throw of the Olympic Park in Stratford makes her story that much more magical and she's now a girl in demand – but the Newham Mag managed to do what her Olympic competitors couldn't: catch up with her!

Every inch the athlete – even in heels – but still far too down to earth to be a diva, Christine manages to find time to talk to us in the midst of a schedule that would make a Hollywood A-lister's head spin. So what's she been up to since her big win? "Gosh, so many things. Appearances, opening various things, giving out school awards. I've got two lined up tomorrow and then it all starts again on Monday!" She sounds tired but in high spirits. A lot of this has been in the borough, where she says she's been "touched and delighted by the support of local people."

Growing up, Christine loved sports but couldn't sit still long enough to take an interest in the Olympics. She says: "Adults running about... it just didn't interest me. But I loved running and school sports days." And, as she's done, she would advise anyone to "just enjoy whatever it is you want to do." Christine's own love for her craft was obvious when she accepted the gold medal,

her radiant grin subsiding for a moment as she shed a tear to the national anthem.

#### " just enjoy whatever it is you want to do."

But after all the worldwide acclaim,
Christine's still a Newham girl – her family
lives in the borough and she's moved only
ten minutes away. You might even spot her
in the street – but you'll have to be quick:
"People do recognise me but I walk so fast
that I'm usually gone by the time they figure
out who I am!" She laughs. Hardly surprising
– we're just pleased we could slow her
down for a minute, and we'd like to take this
opportunity to say on behalf of Newham:
congratulations Christine!

The Mayor and Newham Council present

# Fireworks and funfair

#### Saturday 1 November

Wanstead Flats, Centre Road E7

Gates open 5.45pm Display starts 7.30pm Funfair ends 9.30pm

PLEASE USE PUBLIC TRANSPORT AS THERE MAY BE TRAFFIC DIVERSIONS AND NO PARKING except blue badge holders. UPDATES ON DIVERSIONS WILL BE AVAILABLE ONLINE NEARER THE EVENT.

Buses: 58, 101, 308, 328, 330, W19

Rail: Manor Park, Wanstead Park, Forest Gate

No dogs or personal fireworks including sparklers allowed on site.

The display will be held on soft ground.

020 8430 2000 www.newham.com

By kind permission of The City of London, Conservators of Epping Forest.



Proud sponsors of Newham Council Fireworks 2008



Newham Borough of

Life is complicated. Historically, the family consisted of mum, dad and children, but today, this isn't always the easiest or even ideal set-up for many of us, and it's not unusual for children to spend time out of the family home with friends or relatives. For a million and one reasons, these stays can go on for longer periods than originally planned.

But did you know that if a child of under 16 (or under 18 if disabled) stays for 28 days or more with someone who's not a close relative, this counts as a private fostering arrangement? The council must be notified of these situations by the child's

parents, for the protection of the children and young people concerned. This is a legal obligation to parents, who remain responsible for their children.

Once the council has been made aware of the arrangement, a social worker will visit the family home; this is simply to check that the child or young person is:

- > being given regular meals
- > in good health
- > dressed in clean clothes
- > going to school
- staying in touch with their family and friends
- given access to their cultural traditions, including religion.

#### Are you being privately fostered?

It's always best to be sure of your rights, even if you're 100 per cent happy with your foster carer. Your carer cannot:

- > move you to live with another family
- > change your name
- > arrange for you to be married
- > prevent you from contacting your family
- > move you to live permanently abroad

#### To talk to someone about any of this...

Or to find out more, call **020 8430 2000** or visit **www.newham.gov.uk/fostering** 

## Staying away from home





Adoption Change a child's future



Call Newham Fostering and Adoption Service on 0800 0130 393 to find out more.

www.newham.gov.uk/adoption



If you're lucky enough to still be at school, you've probably heard the buzz about the new 14-19 Diplomas – a new option in years nine and 11. These exciting and challenging new qualifications will bring your learning to life, giving you the opportunity to learn in new practical and creative ways, gaining hands-on experience. Newham is at the forefront of these Diplomas – which means that, if you're a student here, you'll be one of the first who can study a Diploma.

You should have received a pullout guide to the Diplomas with this issue of the Newham Mag – if you didn't receive yours, call us on 020 8430 6191.

#### What's so great about Diplomas?

Diplomas have been developed nationally by universities and employers. They are designed to broaden young people's horizons and give them the opportunities to learn in practical and creative ways and gain hands-on experience. They also provide support to improve your English, maths and ICT skills, something all employers and universities are keen to see. They give students a fully rounded learning experience, helping them to acquire the skills, knowledge and understanding required to progress post-16 to university and employment. Each Diploma is linked to key employment sectors in the UK and can lead to a range of career opportunities.



#### What if I decide that I do want to go on to higher education?

There's nothing to stop you.
Universities recognise the value
of Diplomas and, if you complete
an Advanced Diploma (equivalent
to three and half A-levels), you will
have the qualifications necessary.
Don't take our word for it: Professor
Michael Arthur of the University of
Leeds said "Young people studying
the Diploma will gain skills that are
valuable for university and for their
future." Check the level and kind
of qualifications that universities
require for different degree courses.

Read more about this in your



Diploma pullout, or talk to your careers adviser.

#### Where will I study?

Schools and colleges in Newham are working together to make sure you get access to the best facilities. You are likely to study your Diploma partly at a school or college and partly in a work environment. As a Diploma student you will get at least ten days' work experience. This means that, when you enter the job market, you will already have a head start on the skills you'll need.

#### What are the subject areas?

If you decide to study for a Diploma, you can choose between the following:

- > Engineering
- > Creative and Media
- > Construction and the Built Environment
- > Society, Health and Development
- > Information Technology
- > Hair and Beauty Studies
- > Business, Finance and Administration
- > Manufacturing and Product Design
- > Hospitality.

These will be expanded to include even more subjects from 2010.



The Newham Mag went along to a Diploma induction day at the University of East London, where young people from Newham schools who had chosen a Diploma were finding out more. Here's what they had to say...

Hayleigh Stinson, 14,
Kingsford School, was at
the Society, Health and
Development workshop.
"I'm leaning towards
social work and I'm
here to see what
Diplomas can do for



me. So far I like what I've seen."

Joseline Sebastiao, 14, Brampton Manor School, was at the Creative and Media



workshop.
"I want to be a music teacher and I think the Diploma will offer me the chance to have a go at the actual work."

Kiss Abraham, 14, Stratford School, was at the Society, Health and Development workshop. "I'm thinking about law but also social work, so I'm choosing the Diplomas because I want to broaden my experience and find out what suits me."



Daiyan Aurongozeb, 14, Little Ilford School, was at the Creative



and Media workshop.

"The Diplomas look good to me because I like to be active, I'm not interested in just sitting in a classroom. They give you real life experience."

For more information and to apply online go to www.newham.gov.uk/yes or you can contact our Recruitment Team on 020 8430 2190 (24 hr answerphone) or email: recruitment@newham.gov.uk

#### Say YES to Newham YES

#### The Scheme -

The council's Youth Employment Scheme provides an excellent opportunity to develop your skills and obtain a greater chance of gaining permanent employment with Newham Council.

#### What WE want

Newham Council is looking for young people aged 16 to 17 (or to 18 if you are disabled) before 1st November 2008, who live in Newham to join our Youth Employment Scheme.

You do not need special skills, work experience or qualifications (except for the Highways placement). But you do need to be ready and willing to:-

- Learn and develop your skills.
- Work to your full potential.
- Be a good team member.
- Deliver the best possible service to the people and communities of Newham.

#### What we offer YOU

#### Newham YES offers trainees:

- A two year training contract.
- A generous training allowance (£180 per week, pay award pending).
- Work-based qualification, leading to an apprenticeship.
- A chance to add to and develop your skills.
- Invaluable work experience at Newham Council.

#### The Opportunities

Four placements across the council, working towards:-

- Business administration NVQ Level 2 (3 placements in Member Services, Legal Services and the Community Participation Unit) and
- a National Certificate in civil engineering, supporting colleagues in the council's Highways Team (1 placement).

To help you find out more about the scheme, we have arranged an Open Evening.

#### **Open Evening:**

#### Tuesday 21st October 2008.

**Venue:** Newham Town Hall. East Ham

**Time:** 6.30-7.30pm

Regulation 29 of the Employment Equality (Age) Regulations 2006 permits positive action in circumstances (such as this scheme), as this age range is currently

under-represented in the workforce.

Newham

Equal opportunities for all.

#### **Disabled Applicants**

The scheme has also been extended to provide places for young disabled people who are under-represented in the council. We have three placements ringfenced to disabled applicants.

We positively welcome applications from disabled people who are under-represented in all areas of the council. Support in completing applications, for disabled applicants, can be obtained from First Line Supported Employment Agency on 020 8430 2070, ask for Malcolm Finn.

Please note that this does not exclude you from applying for other placements.

Details of placements available will be contained in the information pack.

#### The Next Step -

To book a place on the open evening please email desmond.mills@newham.gov.uk or for an informal discussion about the scheme please call Desmond Mills on 020 8430 4532.

Closing date for applications: 24th October 2008.

Assessments: w/c 10th November 2008. Interviews: w/c 17th November 2008.

Please quote ref: 50435









Got something to shout about? Email your ideas to newham.mag@ newham.gov.uk.

#### CHOOSING YOUR OPTIONS



Check out the new SUSSED magazines (year 11 and year 9 editions) and more helpful advice available on www.newhamsussed.co.uk or visit www.connexions-direct.com

"Choosing your year 9 or year 11 options? Feeling confused? Well don't! Why should you? I remember when it came to choosing my year 9 options; it came sooner than I thought it would. All I could hear in my head was 'what am I going to pick? What am I not going to pick?' But I figured I shouldn't panic, I had to think about it carefully. I knew that I wanted to pick something that I was good at and that I liked. So what are YOU good at? What do you enjoy? Think about it!

"After thinking about it, I still didn't come to any conclusions, so I thought I'd get advice. I have elder sisters who influence and advise me so I asked them. I also asked my parents. Remember, seeking advice is great but it's still your decision, so make sure you do what you want, it's YOU that will study these subjects!

"Following what I had heard from others and my Connexions advisor, I eventually made the decision of choosing graphic products GCSE because I enjoy doing practical things, geography GCSE because I'm good at it and additional science because I found the subject interesting.

"Choosing subjects to study in year 10 and 11 may influence what you

want to do in the future so think about it carefully. I am coming up to the time of choosing what I want to study at college/sixth form, and now there is a much wider range of courses available to choose from, including the new Diplomas. So I will be making the most of the help and advice that is available to me, including my family, teachers, careers adviser, Connexions and my Newham year 11 Sussed Mag."

by Sharika Khan, year 11, Sarah Bonnell School

## MEET THE PATIENT... JOHANNA COHEN

Mother of one, Johanna Cohen, 61, of East Ham, tells us about her experience of breast screening...



"In 2003, my cousin died as a result of breast cancer and she was only 52. Not too long after I turned 50, I received a letter inviting me to attend a breast screening. I was reluctant at first, but I decided to attend. I was really nervous the first time I attended breast screening because I didn't know what to expect. I had never felt my breasts for lumps, so I had no idea what the result of the screening would be. I had my first breast screening at the Mobile Breast Screening unit when it was at Shrewsbury Road. I received the result soon after that and I was relieved to know that I didn't have cancer.

"Three years later, I was invited to another breast screening appointment and calcification (calcium deposits) was detected. The doctor explained that this didn't mean that I had cancer but that more checks needed to be done. I went to Barts and The London Hospital for a more in-depth screening. The doctor told me that the calcification will go in time and, thankfully, it has now gone. The last time I went for breast screening, the result showed that I am fine and I don't have breast cancer.

#### "The whole experience, the atmosphere, was really good"

"My advice to other women is that they should definitely attend breast screening appointments. There is nothing to be frightened of. The screening process is quite straightforward and it is better to be safe and know that you don't have breast cancer. If breast cancer is caught early enough, it is treatable, so I would say go for the screening. It's free - you don't have to pay for it. The whole experience, the atmosphere, was really good. Everything was explained to me clearly before and after the screening."

## Breast cancer screening made easy at Beckton ASDA

The mobile breast screening unit has returned to the ASDA supermarket in Beckton, to provide an easy and accessible point for women to attend their screening appointments, which are usually held at hospitals.

Breast screening is painless and quick, and can detect changes to your breasts that you and your doctor may be unable to feel. Spotting these changes early on significantly improve chances of successful treatment,



so if you receive an appointment in the post it's very important that you attend.

The screening involves taking an x-ray of each breast (mammogram) which detects small changes in the breast that may indicate cancer.

Women aged 50-70 who are registered at GP practices are sent breast screening appointments every three years. If you missed a previous appointment, please contact the breast screening service to make another appointment on 020 7601 8305.

Women aged over 70 are not automatically invited for breast screening but are advised to make appointments with the breast screening unit.

More women than ever are surviving breast cancer, many of them having benefited from early detection through routine breast screening. Research shows that the NHS breast screening programme saves around 1,400 lives in England every year.

Breast cancer is the most common cancer in women, with around one in nine women developing it at some time in their life. Almost 80 per cent of breast cancer occurs in women over the age of 50 and about 1 per cent of cases occur in men.

The mobile breast screening unit will be at ASDA in Beckton until March 2009 and will be staffed by female health professionals who can answer questions about breast screening.

"If you receive an appointment letter please do not ignore it, make sure you go and have the screening done - it only takes a few minutes"

Councillor Joy Laguda, executive member for adults and older people, launched the screening unit. She said: "Many lives in Newham could be saved through early diagnosis. I attended a breast screening appointment three years ago and I will be coming back again this year. If you receive an appointment letter please do not ignore it, make sure you go and have the screening done – it only takes a few minutes."

For more information contact Central and East London Breast Screening Unit (CELBSS) on **020 7601 8305**.

Our endlessly innovative school meals service has already introduced food that complies with strict Government guidelines a year ahead of schedule. Now, to honour Black History Month, the service has surpassed itself again, providing delicious and wholesome meals that offer a taste of Africa and the Caribbean, including spicy African chicken with joloff rice and Jamaican fish curry.

African and Caribbean-themed meals have been cooking over the whole of October in most Newham schools. The service has already tapped into a precious resource – its staff – to provide ethnically diverse flavours, in response to pupils' requests for food "like our mums make." Staff from African and Caribbean backgrounds have risen to the challenge this October.

The Newham Mag, always keen to

investigate good food, went down to Forest Gate School to find out what the staff and pupils had to say. The school has put on a series of lessons, concerts, quizzes, films and exhibitions to teach pupils about black history – and the meals feed into these... no pun intended!

#### "It's really nice, something I'd really like to see more of."

The air in Forest Gate was unusually fragrant that day and, as the doors to the canteen opened and a waft of wonderful whiffs blew out, we met the woman responsible. Christina Mayers, the school chef, spared a couple of minutes to talk to us: "Today's curry goat is just like I would make at home," she said. "I marinated it overnight and it's been cooking since the morning." A lot of care has gone into this home-cooked meal – no turkey twizzlers here. She continues: "We often do food

from around the world but the response from the kids for these Black History Month meals is great; the kids keep coming back for seconds!"

Sayo Awoyelu from Langdon School, at Forest Gate to study for her 14-19 Diploma, was tucking into some curry goat. She said: "This is something a bit different. It's really nice, something I'd really like to see more of." Shereece Johnson from Kingsford School echoed her friend, saying: "People who are still not having school dinners need to try them! They're so good." Marks out of ten? Ten, of course!

Want to find out more about Black History Month events in Newham? Go to www.newham.gov.uk/WhatsOn



THEATRE ROYAL

2007 LAURENCE OLIVIER AWARD WINNER

# There the La

A new musical by the legendary RAY DAVIES

Tickets and information: **020 8534 0310**Book online: **www.stratfordeast.com** 

Supported by **Grange Park Opera** 









#### Joshua Adejokun, 14, Custom House

that they are wrong to have a negative view of young people. I will try teenage crime in Newham and I will also help to make Newham a cleaner and healthier



#### Hannah Agboola, 14. Stratford

"I will hold conferences at which you would have your say because the issues that you care about are your hopes and desires and deserve to be heard. I'll listen to your concerns and will make it my priority to deal with them."



#### Shama Anwar, 15. Stratford

"Gun and knife crime is a problem because there are not enough activities for young people. Recycling is also an issue because young people are not involved. I'll tackle aun and knife crime and encourage young people to recycle."



#### Jatin Arora, 13, Manor Park

"I want to get more police officers on the street for the benefit of everyone's safety and to make sure that everyone in Newham will be treated with respect and dignity. I want to speak for young people and work for young people."



#### Latifa Bhariwala, 16, Forest Gate

My priorities are employment for students, crime and education. I want to make Newham an even better place - a safer place for you. With my strong will and dedication I will listen and represent you.



Lucky Kaur, 12. Plaistow

"Stopping knife crime, stopping people smoking and more activities for young people are my top priorities. I would like to make Newham a better, safer and happier place to live. I will give everyone a chance to be heard."



#### Adebayo Odusola, 14. Stratford

"It is clear that our crime rates aren't the best in the world and it is our job to tackle this problem. There is a lack of youth activities in the borough but if we work together we can make a big difference."



## Meet your final fifteen Who'll be the next Young Mayor of Newham?

#### Zainab Ahmed, 15, Forest Gate

"We all share one vision, one idea, one dream of peace. My main aim is to tackle knife and gun crime. I promise you I will get the process going and get our voices heard."



#### Seyi Akiwowo, 17, Stratford

"I will tight for more affordable leisure activities, more multi-cultural events and efficient mentoring schemes. We may not come from the same cultural backgrounds but we have the same beliefs for a safer and improved Newham."



#### Falak Ali, 17, East Ham

"Drugs, gang violence and knife crime are all a plague to our environment which we must eradicate. Together, young people of all ages, can challenge the stereotype of youth on youth violence."



#### Eduardo Da Costa, 15, Forest Gate

"My vision for Newham is for a place without crime but I can't make a difference without your help. I have three key priorities: fight crime, fight stereotypes and promote young people."



Aisha Khan, 13, Beckton

"I want to make sure we are not male or female – we are one Newham. I will make sure we are not Stratford, East Ham, Beckton – we are not separate areas; we are one Newham."



#### Jathusiya Premananth, 14, East Ham

"I strongly believe
that I can represent
young people's views,
opinions and voices.
I can help young
people strive for a safer
Newham and change
the negative perception
of us as youths."



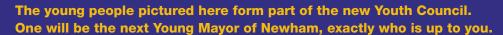
#### Tommy Seagull, 14, East Ham

"The 2012 Olympics will bring us enhanced sports facilities. I will promote healthier lifestyles by advocating free gym and swimming memberships for young people. I plan to make changes that directly affect you."



#### Muhammad Uddin, 14, Plaistow

"My number one priority is to put your safety first. I want to cut down on gun and knife crime and I want young people to feel safe and proud when walking the streets of Newham. I want young people to see the changes that they want to see."



Earlier this month 3,000 young people voted in a primary election, whittling down 72 nominees to your final 15 candidates.

If you're aged between 11 and 18 take control, make your mark and vote for your favourite candidate. Elections take place in all schools, colleges and connexions shops on Wednesday 22 and Thursday 23 October, with the final vote being revealed at Newham Town Hall, East Ham late on Thursday.

If you've not made up your mind, visit **www.newham.gov.uk/youngmayor** to read candidates' full manifestos and watch their video statements.



## >>IN FOCUS





# Male

Primary schools are crying out for more male teachers! If you're a male graduate who thinks that primary teaching could be for you, here's the chance to

teachers

find out: A free, three-day taster course organised by Newham Council in partnership with Tower Hamlets and the University of Cumbria is being held at Tower Hamlet PDC, English Street, E3 4TA from 18-20 November. As well as information and advice, the lowdown on the national curriculum and behaviour management, there will be the chance to spend a day in a school and observe lessons. Different routes into teaching and practical considerations will also be covered.

If you are interested, register your details with the Teaching Information Line on 0845 6000 991. Applications must be submitted by Monday 3 November. Want to find out more? Go to www.teachnewham. org or contact Sasta Miah on 020 7364 6461. Female applicants who are interested in teaching can find out information about forthcoming taster events by going to www.teachnewham.org.

## Come along for a cuppa

Civic Ambassador, Councillor Akbar Chaudhary, is holding a charity coffee morning on Wednesday 22 October, between 10.30am and 12.30pm in The Parlour at Newham Town Hall, East Ham. For an entry fee of £1.50 you can enjoy a bottomless cup of tea or coffee. There will be cakes for sale on the day and the chance to win some great prizes in a raffle; bookworms can pick up a bargain in the book sale. All are welcome, so show your support; come along on 22 October.







## Newham's visually impaired children shine at National Athletics Championships

The council's Service for the Visually Impaired took a team of visually impaired children and young people to the National Athletics Championships in Waltham Forest, to compete against their peers from across the UK. Eleven competitors aged eight to 18, from all over the borough, performed brilliantly, coming away with seven gold, four silver and five bronze

medals. Newham were newcomers to the event so the wins were even more of an accomplishment - and among the children adorned with medals was star of the day, Shamiso Chinyadza, who won the National Girls Junior Performance Trophy for the three gold medals she received. Congratulations to all of our kids!





## FROM BEGINNER TO CHANNEL SWIMMER

## Slam dunking stars say no to crime

Newham All Star Sports Academy (NASSA) launched its latest project this week, called Carry a basketball not a blade. It encourages young people to make positive choices in life, rejecting violence and choosing sport instead. The project was launched over two days, with a special event at Cumberland School Sports College, boasting VIP guests and speeches by two young players, Naomi Hart and Jeremy Atta-Owusu. The team coach led a demonstration to mark the passing of 26 young victims; a minute's silence was held before 26 players shot 26 baskets, one for each lost life, in a very moving gesture. The Metropolitan Police went on to demonstrate their support for NASSA by presenting them with a cheque for £4,460. The following day saw a game against South London's Greenhouse Giants from South London. NASSA proved the stronger team and finished off the opponents with a final score of 52-37.



For more information about Carry a basketball not a blade go to www.nassa2012.org.uk or email info@nassa2012.org.uk

Resident Dave Keenan, 40, has conquered the English Channel, having enrolled in a beginners' swimming class only 18 months ago. Fewer than 10 per cent of people who attempt to swim the Channel succeed but Dave completed the 21-mile swim in 17 hours, raising money for youth charity The Prince's Trust in the process.

This is not the first challenge that Dave, of **ROYAL DOCKS**, has set himself. A self-confessed beer lout in his twenties, Dave hit 30 and decided to fulfil a few of his daring childhood dreams. Dave says: "I've changed my life over the last decade and it's an amazing feeling. There are many young people out there who are really struggling with life, but they don't have the opportunity or support to turn their lives around. The Prince's Trust gives them the confidence and direction to do this."

To read about Dave's challenge and make a donation to The Prince's Trust, please visit www.daveschannelswim. com. If you are a young person who would like to find out more about how The Prince's Trust can help you, please see www.princes-trust.org.uk.





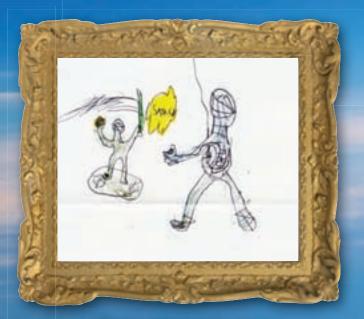


PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO: KIDS' CORNER, ROOM 59, NEWHAM TOWN HALL, EAST HAM E6 2RP

## Gallery



Sowsang Teshome. 9



Peter Matysiak. 6



Abid. 8



Pranavi Praba. 9



Last night I had a dream Of bowls and bowls of ice cream Cherries, raspberries, apples and pears Oh! My gosh I nearly fell down the stairs

That ice cream looked so creamy It made me feel so very dreamy Lots of ice cream with butterscotch, strawberry and chocolate sauce on top It felt as if my belly was going to pop It was about to taste so yummy But in came silly ole Mummy

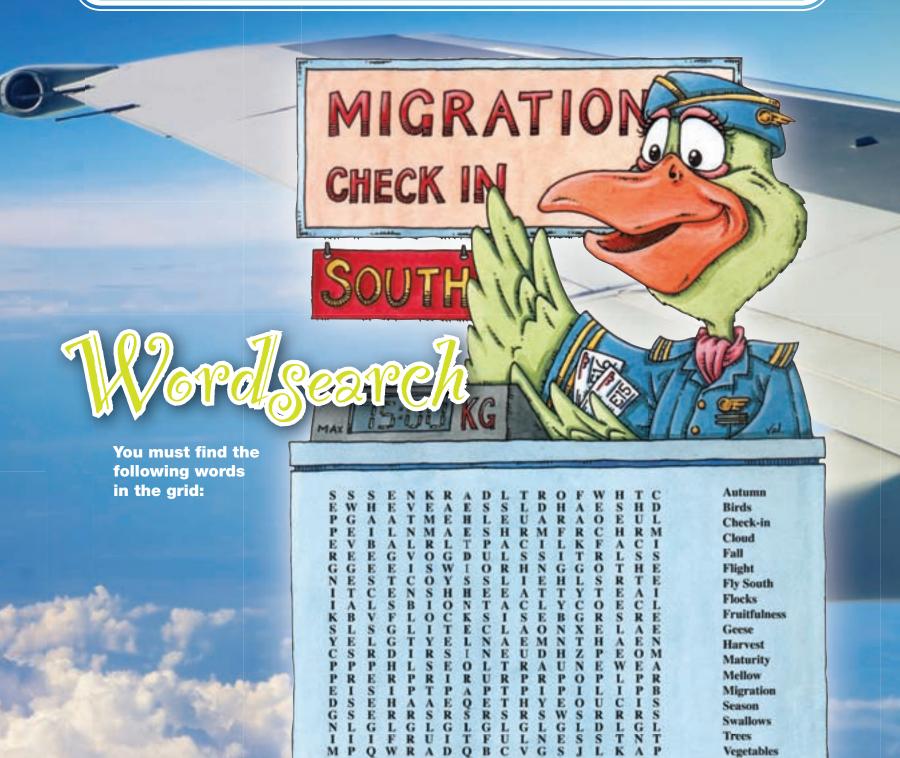
That taste Went to such a waste! She woke me up, I felt like a fool And then I had to go to school!

**An Icy Dream** by Arran Draper

> Fall Flight Fly South Flocks Fruitfulness

Geese Harvest

Maturity Mellow Migration Season Swallows Trees Vegetables



OMD ARIYSLNG

TORAQSLTQ



## Warm, Well Welcome!

Newham



FREE the event for the over 50s

Tuesday 21 October
Main Hall
Newham Town Hall
Barking Road
East Ham E6 2RP
I Iam-3pm

- Advice on keeping fuel bills down
- Health checks
- Therapy taster sessions
- Prize draw, bingo session, packed lunch and lots more!



• Sign up to:

monthly darts,
dominoes, pool
and BIG bingo prize
competitions and free
outings. If you can't
sign up on the day
then call 020 8430 2486

You can also find out about your nearest Warm Centre launching 3 November 2008 - 27 March 2009. Further details www.newham.gov.uk

#### **18 OCTOBER** - 1 NOVEMBER

## WHATSON

To view hundreds of events, or to add your own, log on to www.newham.gov.uk/whatson



#### **ALL LIBRARY LISTINGS**

#### **UNDER 5s GROUPS**

All open to under fives with their parents/carers.

#### Storytelling

**Beckton Globe** Every Friday 10-11am

**Canning Town** Every Monday 10.30-11.30am

**Custom House** Every

Tuesday 10.15-11.15am

**East Ham** Every

Wednesday 2-3pm

The Gate Every Friday

11am-12noon

**Green Street** Every Thursday

10.30-11.30am

Manor Park Every Thursday

10.30-11.30am

**North Woolwich** Every

Thursday 2-3pm

**Plaistow** Every Tuesday

11am-12noon

**Stratford** Every Tuesday

11am-12noon and every Friday 2-3pm

#### **Crafts Club**

Manor Park Every Tuesday 10.30-11.30am

**Stratford** Every Monday 10.30-11.30am

#### **Toy Library**

**Beckton Globe** Every Monday 10am-12noon and every Thursday 1-3pm East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon

#### Messy Play

**Beckton Globe** Tuesday 21 October 1.30-2.30pm Imaginative Play

**East Ham** Every Friday 10.30-11.30am

#### **ADULT READING**

#### **Adult Reading Group**

East Ham Monday 20 October 6.15-7.45pm

**Gujarati Reading Group** 

**Green Street** Thursday 30 October 2pm-4pm

#### **OTHER GROUPS**

#### **Over 50s Club**

**Beckton Globe** Every Tuesday 9.45-11.45am

#### Click-On

East Ham Friday 31 October 10am-12noon and 2-4pm Plaistow Friday 24 October 10am-12noon and 2-4pm

#### **Writers Group**

The Gate Tuesday 28 October 5.30-7.45pm

#### YOUNG PEOPLE

#### **Homework Club** – For

young people aged seven to 14. School term only.

#### **Beckton**

Tuesday 21 October 4-6pm **Canning Town** 

Every Saturday 10am-12noon

#### **Custom House**

Every Saturday 10am-12noon East Ham Monday 20 October 4-6pm

The Gate Thursday 23

October 4-6pm

#### **Green Street**

Tuesday 21 October 4-6pm

#### **Manor Park**

Every Saturday 10am-12noon North Woolwich Thursday 23

October 3.30-5.30pm Plaistow Thursday 23

October 4-6pm

Stratford Monday 20

October 4-6pm

#### Children's Games Club -

For children aged five to 12. Canning Town Thursdays 23

and 30 October 4-6pm Games Club - PS2 and

Xbox games, music, board games and more activities for ages eight to 13.

**Custom House** Every

Saturday 2-4pm

East Ham Every Tuesday

3.30-5.30pm

**Manor Park** Every

Thursday 4-6pm

#### Teenage Games Club -

PS2 and Xbox games, music, board games and many more activities for ages 12 to 16.

**Beckton** Every Monday and every Wednesday 3-5pm

#### Family Reading Group -

A chance for children aged five to 11 and their families to read

together and have fun.

The Gate Saturday 25 October 2.30-4pm

Teen Xtra Evenings - Free

activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

#### Stratford Playerz

**Stratford** Thursday 23 October 5.30pm-7.30pm

#### LIBRARY ADDRESSE

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063 Canning Town Barking Road.

**Custom House Prince** 

Regent Lane, E16 3JJ. 020 7476 1565

E16 4HQ. 020 7476 2696

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH.

Green Street 337-341

020 8430 3838

Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road. E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade.

E16 2LJ. 020 8430 5900

Plaistow North Street,

E13 9HL. 020 8472 0420

Stratford 3 The Grove,

E15 1EL. 020 8430 6890

Archives and Local Studies: 020 8430 6881



#### **ESTATE BASED SPORTS**

Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham. com/2012Games

#### **Athletics**

Every Friday 4.30-6pm, eight-19 years, Drapers Field

#### **Basketball**

For ages eight-19 unless otherwise stated.

#### **Leyton Orient Community** Sports Programme (LOCSP)

Every Monday 4.30-6.30pm Winsor Park Every Monday 7-9pm Froud Community Centre Every Tuesday 5-7pm Royal Victoria Gardens Every Tuesday 7.30-9pm Plaistow Park Every Wednesday 5-7pm Memorial Park Every Wednesday 5-6.30pm

New Beckton Park Every Thursday 4.30-6.30pm Priory Park

Every Thursday 5.30-7.30pm Barking Road Rec

Every Friday 5-6.45pm

Forest Gate Youth Centre Every Friday 5-7pm

Lister Gardens Park

Every Tuesday 4.30-6pm, girls 11-16 years Sarah Bonnell School

Every Thursday 6-8pm, 12-16 years

Cumberland Sports College

Every Friday 4.15-5.30pm, eight-11 years 5.30-7.30pm, 12-16 years Cumberland Sports College Every Saturday

11am-1pm, eight-11 years Sarah Bonnell School

#### Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday 6-8pm, under-15s and under-14s East Ham Leisure Centre Every Tuesday 8-10pm, under-18 and under-16 boys East Ham Leisure Centre Every Tuesday 5.30-7.30pm, under-16s and under-15s Newham Leisure Centre Every Thursday 6-8pm, under-15 boys national league Newham Leisure Centre Every Saturday 1-3pm, under-13s and minis East Ham Leisure Centre

#### **Cricket**

Every Thursday 5-7pm, eight-to-16 years Newham Cricket Club Langdon School £1 per session Every Tuesday 5.30-7pm, eight-to-19 years Score Indoor Complex Every Thursday 4.30-6pm, eight-to-19 years Drapers Field

#### **Football**

Every Monday 6-8pm Plaistow Park Every Tuesday 5.30-7.30pm Little Ilford Ball Cage

Every Tuesday 5-7pm Stratford Park Every Tuesday 5-7pm Phoenix Cage Every Wednesday 4.30-6.30pm Royal Victoria Gardens Every Wednesday 5-7pm, eight to 19 years Stratford Park Every Wednesday 7.30-9.30pm, 16+ years (£2 charge) Score Complex Every Thursday 5-7pm Scud Park Ball Cage Every Thursday 6-8pm Forest Gate Youth Centre Every Friday 4-5.30pm (term time only) St John's Community Centre Every Friday 6-8pm Priory Park Ball Cage Every Saturday 2-4pm, six to 14 years (£3 charge) Score Complex

#### **Ascension Football** Academy

For more information please contact Louise on 07841 749292. Every Saturday School years R-3: 9.30-10.30am School years 4-7: 10.45-11.45am School years 8-11: 12noon-1.30pm £2.50 per child per session King George V Park

#### Newham All Star Sports Academy(NASSA)

for more information please visit www.nassa2012.org.uk Mondays

Newham Leisure Centre 18.00-19.30 12-16yrs mixed 19.30-21.00 18+

Tuesdays 16.30-18.00 at Sarah Bonnell Deanery Road Stratford

E15 4LP (girls 11-16)

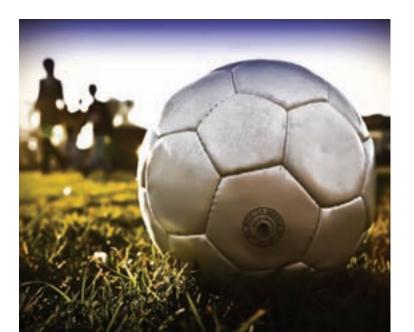
**Thursdays** 18.00-20.00 Cumberland Sports College Oban Close E13 8SJ mixed (11-16 yrs)

**Fridays** 16.15-15.30 (Mixed 8-11yrs) 15.30-19.30 (Mixed 12-16yrs) Cumberland Sports College Oban Close E13 8SJ Saturdays

11-13.00 Sarah Bonnell Deanery Road Stratford E15 4LP (Mixed 8-11yrs)

#### **Estates Football and Basketball League**

Every Monday 6-8pm, under-14s and under-17s Score Complex Hard Court Every Tuesday 5.30-7pm, under-12s and under-14s



36



Drapers Field Every Friday 6-8pm, under-14s and under-17s Leyton Manor Park

#### Newham Swords Fencing Club

Every Thursday 6-8.30pm Kingsford School Every Friday 6-8.30pm Lister School

Ages eight-18-year-olds Mini-fence sessions for fiveseven-year-olds For more information call Linda on 07956 618 898

#### **Football and Basketball**

Every Monday 4.30-6.30pm Winsor Park Every Wednesday 5-7pm New Beckton Park Ball Cage Every Wednesday 4.30-6.30pm Ford Park Every Wednesday 6-8pm Plashet Park Every Thursday 4.30-6.30pm Priory Park Ball Cage Every Thursday 5.30-7.30pm Barking Road Rec Every Friday 5-7pm Lister Gardens Park Every Friday 5-7pm Canning Town MUGA

#### **Multi-Sports**

Every Monday 5-7pm, eight to 19 years Langthorne Park Every Monday 5-7pm, eight to 19 years Alma Street MUGA Every Tuesday 4-5pm Carpenters and Docklands Centre (term time only) Every Tuesday 5-7pm, eight to 19 years Stratford Park Every Wednesday 4-5pm Carpenters and Docklands Centre (term time only) Every Wednesday 5-7pm, eight to 19 years The CAGE (Chatsworth Active Games Enclosure) Every Wednesday 5-7pm Stratford Park Every Wednesday 4-6pm, 10 to 19 years Cann Hall Park Every Wednesday 5-7pm, eight to 19 years Major Road Ball Park Every Thursday 5-7pm, eight to 19 years

#### **Stratford Table Tennis Club**

The CAGE

Every Wednesday



6.30-9.30pm Stratford Secondary School

#### **Eastlea Handball Club**

Every Thursday 4-5pm 11 to 18 years Eastlea School Every Thursday 5-6pm four to 11 years Eastlea School

#### **Stratford Handball Club**

Every Monday 3.15-4.15pm 11 to 18 years Stratford Secondary School Mondays 4.30-5.30pm four to 11 years Stratford Secondary School

#### **Venue Addresses** *Alma Street MUGA*

Stratford E15

Barking Road Rec Burges Road, East Ham E6 The CAGE (Chatsworth Active Games Enclosure) Cruickshank Road. Stratford E15 Cann Hall Park Off Cann Hall Road, E11 Canning Town MUGA Corner of Freemasons Road and Sophia Road, E16 Carpenters and Docklands Centre 98 Gibbins Road, Stratford E15 2HU Cumberland School Sports College Oban Close, Plaistow E13 8SJ Drapers Field Temple Mills Lane, off Leyton High Road, E15 East Ham Leisure Centre 324 Barking Road, East Ham E6 2RT Ford Park, Canning Town, E16 Forest Gate Youth Centre

Woodgrange Road, E7 Froud Centre Toronto Avenue, Manor Park E12 5JF Langthorne Park Off Levtonstone High Road, E11 Levton Manor Park Off Capworth Street, Leyton E10 Lister Gardens Park Corner of Upper Road and Florence Road, Plaistow E13 Little Ilford Ball Cage Reynolds Avenue, Manor Park E12 Major Road Ball Cage Stratford E15 Memorial Park West Ham E15 New Beckton Park Ball Cage Savage Gardens, Beckton E6 Newham Leisure Centre 281 Prince Regent Lane. Plaistow E13 8SD Phoenix Cage Milner Road, West Ham E13 Plaistow Park Balaam Street, Plaistow E13 Plashet Park Woodhouse Grove, East Ham E6 Priory Park Ball Cage William Morley Close, Upton Park E13 Royal Victoria Gardens Pier Road, North Woolwich E16 Sarah Bonnell School Deanery Road, Stratford E15 4LP Score Complex 100 Oliver Road Leyton E10 5JY Scud Park Ball Cage Tant Avenue, Canning Town E16 Stratford Park Densham Road. Stratford E15 St John's Community Centre Albert Road, North Woolwich E16 Winsor Park, Warwall,

Beckton E6



#### **ALL OTHER LISTINGS**

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### **Multi-Sports**

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4 to 5.30pm

#### **Multi-Activities**

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

#### **Swimming**

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3 to 5pm Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45 to 5.45pm Real Life Parenting, Sundays at Balaam Leisure Centre from 12noon-2pm

#### Trampolining / Fitness / Swimming

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am to 4pm

#### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30 to 3.30pm. To book an induction you must contact Andrew Nippard on 020 7511 4477

#### Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5 to 7pm

#### Trampolining

Fridays at Newham Leisure

Centre from 4 to 5pm. Please book places in advance due to limited places. Call Andrew Nippard on 020 7511 4477 or email andrew.nippard@ newham.gov.uk

#### **B1 Football Club**

Third Sunday of every month at East Ham Leisure Centre from 10am to12midday

#### COMMITTEE MEETINGS

#### 4 October

#### - 17 October 2008

The following meetings all take place at the Newham Town Hall unless specified.

#### Licensing (2003 Act) Sub-Committee

Tuesday 21 October, 10am

## Newham Partnership - Shaping Sustainable Communities Local Action Partnership Board

Tuesday 21 October, 4pm

#### Overview and Scrutiny Committee

Tuesday 21 October, 7pm

#### **Charging and Income Scrutiny Commission**

Tuesday 21 October, 7pm

#### Children and Young People Scrutiny Commission

Tuesday 21 October, 7pm

#### Cabinet

Thursday 23 October, 5pm

#### **Mayoral Proceedings**

Thursday 23 October, 5.15pm

#### Council

Monday 27 October, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available at www. newham.gov.uk

#### STRATFORD MUGA

#### **Monday**

Community Forum Ladies, Covered MUGA, 17.30-19.30hrs

#### Tuesday

Basketball, Covered MUGA, 1700-18.30hrs Focus E15 Football, Covered MUGA, 20.00-22.00hrs

#### Wednesday

Handball U12s, Handball Courts, 1600-1700hrs Handball U16s TID, Handball Courts, 1700-1900hrs

#### **Thursday**

Newham Junior FUTSAL, Covered MUGA, 1700-1900hrs Newham FUTSAL League, Covered MUGA, 1900-22.00hrs

#### **Friday**

Focus E15, Football session, Covered MUGA, 1900-22.00hrs

#### Saturday

Newham EBS Basketball, Covered MUGA, 12noon-1500hrs (every 2nd Saturday of the month) Newham EBS Handball, Handball Courts, 10.00-1300hrs (every 3rd Saturday of the month) Russian Circle "Zaniye", Old MUGA, 1500-1800hrs

Key holders: LOCSP 020 8556 5973; Darren Watson 0208 430 2489; Leon O'Sahon 020 8430 2479

#### OTHER EVENTS

#### Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ Equipment provided Mondays 1-2pm, 18+ £2 unwaged / £4 waged

#### USEFUL NUMBERS

#### 020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/ yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@ newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www. newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham. mag@newham.gov.uk



...and we'll help you out

If you're thinking of giving up, why not pop down to one of our new 'Stop smoking' drop-in venues?

Get free friendly advice and support, plus access to nicotine replacement therapy (gum, patches etc).\*

#### Don't miss out...drop in!

For further information call us now on 0800 0131673 or text QUIT to 60155\*\*

- One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.
- \*\* Standard text rate applies.
- \*\*\* Each venue will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

#### St John's Church

Stratford Broadway E15 1NG

Saturdays 10am-12pm\*\* Wednesdays 11:30am-1:30pm\*\*\*

#### The Hartley Centre

267 Barking Road E6 1LB

Saturdays 10am-12pm\*\*\*

Canning Town & Custom **House Regeneration Project Office** 

20 Freemasons Road **Custom House** E16 3NA

Saturdays 10am-12pm\*\*\*



# If you'd like to **stop smoking** we can help you out. Pop in to a **drop-in** for real support from real people.

## Newham's Stop Smoking Drop-ins



Newham's four Stop Smoking Drop-in venues\* are ready and waiting to help you kick the habit.

Pop in for **FREE** friendly advice and support from people with real experience of helping others stop smoking and get access to nicotine replacement therapy (gum, patches etc).\*\*

It's that simple, so don't miss out...drop-in!

#### The Venues

Health Information Centre (Zone 1) Newham University Hospital

Glen Road, Plaistow, E13 8SL Tuesdays 10am – 4pm

St John's Church, Stratford

Stratford Broadway, E15 1NG Saturdays 10am - 12pm Wednesdays 11:30am - 1:30pm

The Hartley Centre, East Ham

267 Barking Road, E6 1LB Saturdays 10am - 12pm

Canning Town & Custom House Regeneration Project Office

20 Freemasons Road Custom House, E16 3NA Saturdays 10am - 12pm

For further information: Call 0800 013 1673 or text 'QUIT' to 60155

- \* Each drop-in will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.
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